



**The Transformative Healing Power of HOPE**

**Casey Gwinn, President**

**June 29, 2021**

**Linking Systems of Care for Children and Youth**

[www.allianceforhope.com](http://www.allianceforhope.com)



CREATING PATHWAYS TO HOPE



*This presentation was supported by cooperative agreement number 2018-V3-GX-K014, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this meeting are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice, Office for Victims of Crime.*

[www.allianceforhope.com](http://www.allianceforhope.com)



CREATING PATHWAYS TO HOPE



## Alex on the Klamath River



[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

## Calvin Counseling – Summer 2017



[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

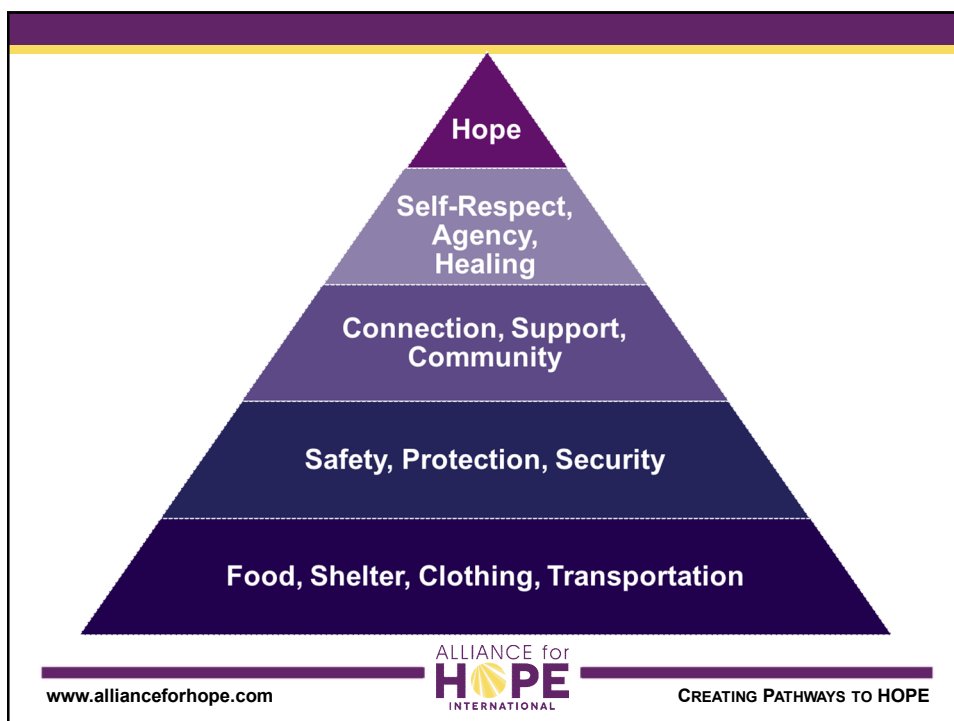
CREATING PATHWAYS TO HOPE



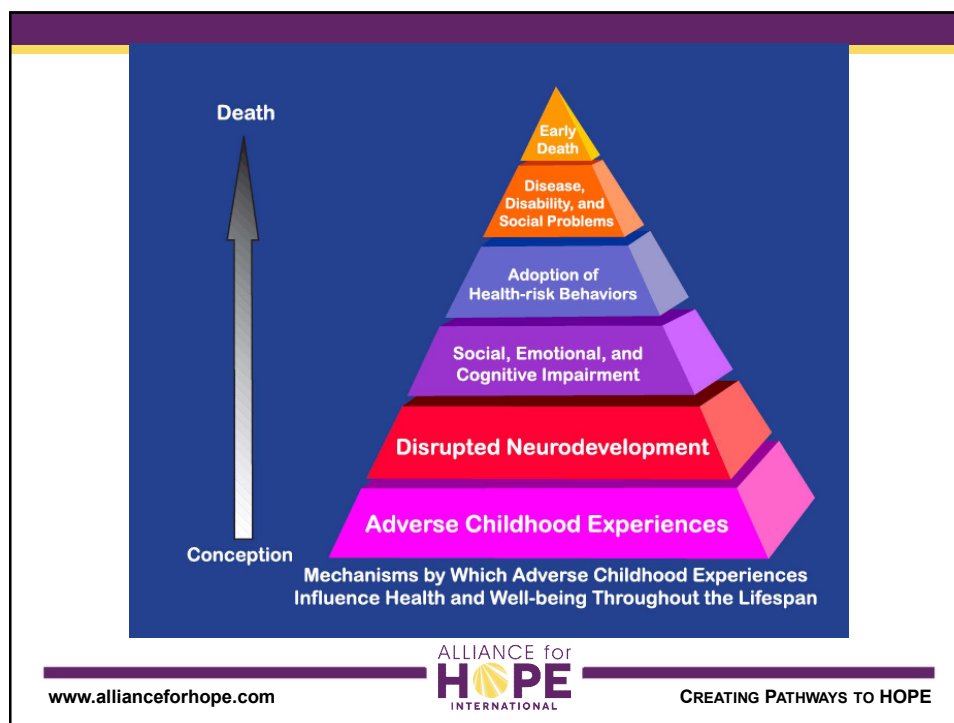
[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE







## ACE-Related Correlations

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Fetal death (miscarriage or pregnancy)
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease (IHD)
- Liver disease
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases (STDs)
- Autoimmune disease

## ACE-Related Correlations

- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Criminality
- Centers for Disease Control and Prevention. (n.d.) About ACE.  
Retrieved October 20, 2013 from  
<http://www.cdc.gov/ace/findings.htm>.

www.allianceforhope.com



CREATING PATHWAYS TO HOPE

## ACE Scores with Child Abuse, Domestic Violence, and Sexual Assault Offenders

**Average ACE  
Score: 5.5**

ACE score	Current sample (N = 151), %	Normative sample <sup>a</sup> (N = 7970), %	t
0	9.3	38.0	7.22 <sup>b</sup>
1	13.2	26.0	3.56 <sup>b</sup>
2	13.9	15.9	0.67
3	15.2	9.5	2.36 <sup>b</sup>
4 +	48.3	12.5	10.86 <sup>b</sup>

<sup>a</sup>Normative sample from the Centers for Disease Control and Prevention<sup>1</sup> based on 1998 male data from Felitti et al.<sup>2</sup>  
<sup>b</sup>p < 0.0001.

Number of ACE	Offense category, no. (%)			
	Child abusers	Domestic violence offenders	Sexual offenders	Stalkers
0	4 (11.4)	8 (17.8)	2 (3.3)	0 (0)
1	7 (20.0)	5 (11.1)	7 (11.5)	1 (10.0)
2	7 (20.0)	7 (15.6)	5 (8.2)	2 (20.0)
3	9 (25.7)	7 (15.6)	5 (8.2)	2 (20.0)
4	8 (22.9)	18 (40.0)	42 (68.9)	5 (50.0)
Total	35 (23.2)	45 (29.8)	61 (40.4)	10 (6.6)

James A Reavis, PsyD; Jan Looman, PhD;  
Kristina A Franco; Briana Rojas Perm J 2013  
Spring;17(2):44-48

results of meta-analytic research, which found that adult male sexual offenders were more than 3 times as likely to have had histories of sexual abuse in their childhoods, compared with a nonsexual (but criminal) comparison group.<sup>6</sup>

### Methods

The sample was composed of 151 adult



www.allianceforhope.com

CREATING PATHWAYS TO HOPE

## 27% of Military Members Have ACE Score of 4

<http://jamanetwork.com/journals/jamapsychiatry/fullarticle/1890091>

[www.allianceforhope.com](http://www.allianceforhope.com)



CREATING PATHWAYS TO HOPE

Childhood trauma is the single greatest threat to public health and community safety on the planet...



[allianceforhope.com](http://allianceforhope.com)

## Stephen Paddock – Is it really about bump stocks? And motive?



[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

## Stephen Paddock (ACE Score of 7)



[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE




<https://radaronline.com/photos/ve-gas-shooter-stephen-paddock-sex-slave-tells-all/>



Our Language – Childhood Trauma (ACES) + Polyvictimization + Force Multipliers = Complex Trauma

Force Multipliers: Historic Oppression;  
Poverty; Racism; Pornography;  
Community Violence; Bullying; etc.

---

[www.allianceforhope.com](http://www.allianceforhope.com)  **CREATING PATHWAYS TO HOPE**



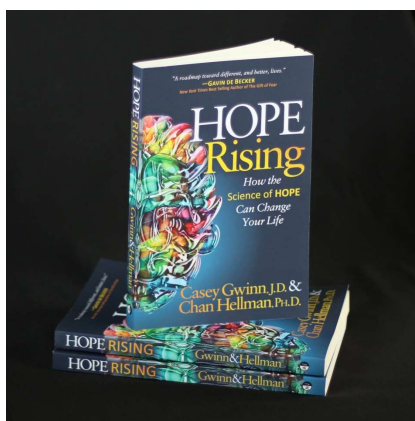


**We want to create hope for  
every person...we must give  
hope, always hope...**

Mother Teresa



Thank you, Dr. Rick Snyder...





**“Hope is the belief that your future can be brighter than your past and that you play a role in making it happen.”**

Casey Gwinn & Chan Hellman in  
*Hope Rising: How the Science of HOPE Can Change Your Life* (2018)




## **2,000 Published Studies on the Science of HOPE**



**“In every published study of hope, every single one, hope is the single best predictor of well-being compared to any other measures of trauma recovery. This finding is consistently corroborated with other published studies from top universities showing that hope is the best predictor for a life well-lived.”**

Casey Gwinn & Chan Hellman  
*Hope Rising: How the Science of HOPE Can Change Your Life*







**Our Message: Rising hope is  
crucial to a life well-lived...**





**This means we are all in the hope  
business...courts, prosecutors,  
advocates, social workers, mental  
health professionals, teachers,  
faith leaders, non-profit  
organizations, employers...**






**We are born with HOPE...**

It is the *essence* of who we  
are as human beings



**Direct and Vicarious Trauma  
and Adversity in life Can  
Rob Us All of HOPE...**

Children are always  
robbed *first*...



## Polyvictimization makes it all more complicated...



We must understand the impact of polyvictimization in all we do...



[allianceforhope.com](http://allianceforhope.com)

## You cannot give what you do not have...





Always WE Always GIVE Always HOPE



With Kindness



With Affirmation



With Encouragement

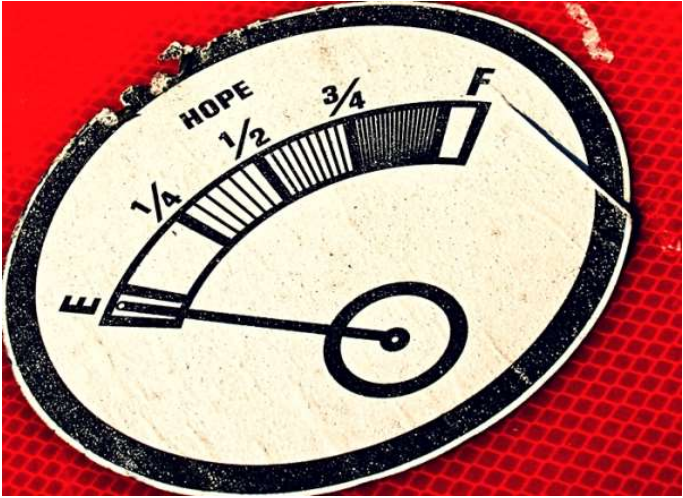
**Out of Our Own  
Reservoir of  
HOPE, Kindness,  
Self-Worth, and  
Courage...**

[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

## How is your Hope Meter?



[www.strangulationtraininginstitute.com](http://www.strangulationtraininginstitute.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

[www.hopescore.com](http://www.hopescore.com)

Measure your HOPE Score...



[allianceforhope.com](http://allianceforhope.com)

## The Science of HOPE

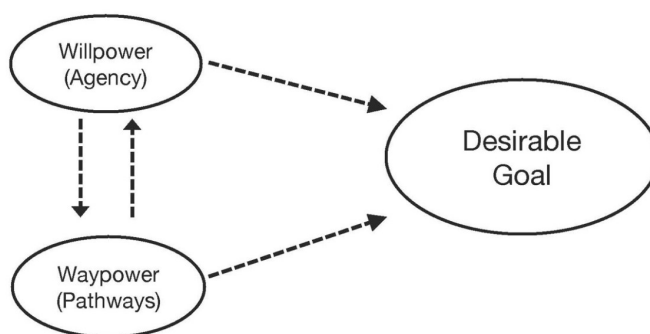
- We are driven by our goals:
  - To the extent we can establish clear strategies (pathways) to achieving the goal and are willing to direct mental energy (agency) toward pursuing these pathways, we are experiencing hope. (Snyder, 2002).
- Agency and Pathway Thinking Are Both Required

[www.strangulationtraininginstitute.com](http://www.strangulationtraininginstitute.com)



CREATING PATHWAYS TO HOPE

## Willpower and Waypower

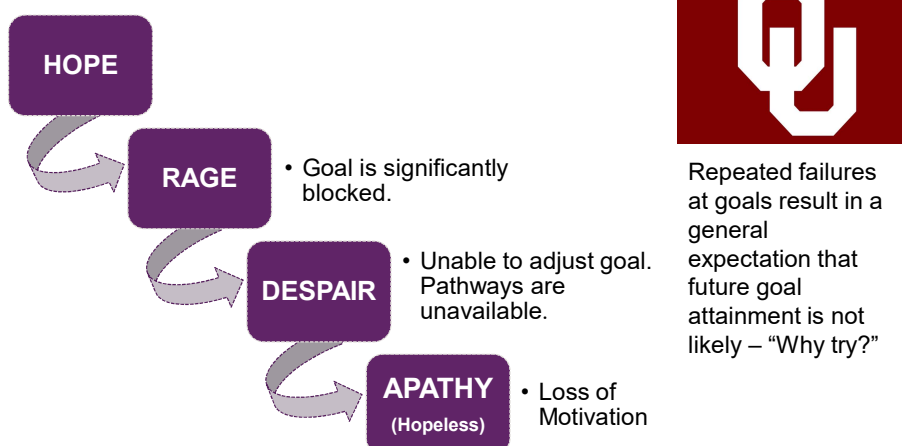


[www.strangulationtraininginstitute.com](http://www.strangulationtraininginstitute.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

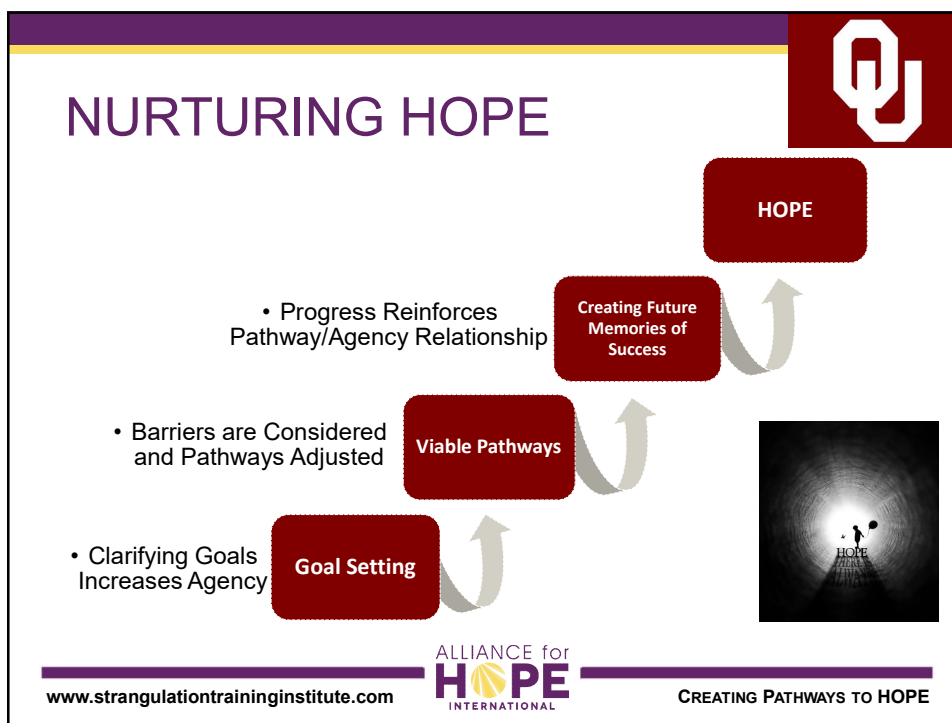
## The HOPE Continuum



[www.strangulationtraininginstitute.com](http://www.strangulationtraininginstitute.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE



# THE SCIENCE OF HOPE

## Why Hope Matters

- ☞ Snyder's hope measures have been cited over 2,000 times in scholarly journals.
- ☞ Empirical evidence supports that high hope matters!
  - ☞ Improved pro-social behaviors.
  - ☞ Increased ability to self-regulate.
  - ☞ Serves as a coping resource (e.g., cancer, HIV, spinal cord injury, trauma).
  - ☞ Predicts goal attainment.
  - ☞ Protects against burnout and vicarious trauma
  - ☞ Reduces the intensity of physical suffering.
  - ☞ Predicts substance abstinence
  - ☞ Predicts lower recidivism and lower levels of violence
  - ☞ Improves well-being.

ALLIANCE for HOPE INTERNATIONAL

www.strangulationtraininginstitute.com

CREATING PATHWAYS TO HOPE

# THE SCIENCE OF HOPE



## Why Hope Matters

- ⦿ High hope individuals flourish within their environment.
- ⦿ Hope Scores are more predictive of college success than SAT Scores
- ⦿ Children can be taught hope in the public school system and rising Hope Scores improve grades, behavior, and performance
- ⦿ Lower hope individuals often do not recognize their deficiency in pathways and agency.
  - ⦿ Lack sense of long term goals.
  - ⦿ Feel blocked from their goals.
  - ⦿ Approach goals with negative emotion and focus on failure.

[www.strangulationtraininginstitute.com](http://www.strangulationtraininginstitute.com)



CREATING PATHWAYS TO HOPE

# The Science of Hope



## Why Hope Matters

- ⦿ Individuals with low hope:
  - ⦿ Higher negative affect
  - ⦿ Higher likelihood of quitting goal pursuits.
  - ⦿ Higher anxiety and depression.
  - ⦿ Lower self-esteem.
  - ⦿ Lower problem solving skills.
  - ⦿ Higher likelihood of externalizing negative behaviors.

[www.strangulationtraininginstitute.com](http://www.strangulationtraininginstitute.com)



CREATING PATHWAYS TO HOPE



# HOPE is measurable...



## THE ADULT HOPE SCALE

**Directions:** Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided. There are no right or wrong answers.

Definitely False    Mostly False    Somewhat False    Slightly False    Slightly True    Somewhat True    Mostly True    Definitely True

1    2    3    4    5    6    7    8

- \_\_\_ 1. I can think of many ways to get out of a jam.
- \_\_\_ 2. I energetically pursue my goals.
- \_\_\_ 3. There are lots of ways around any problem.
- \_\_\_ 4. I can think of many ways to get the things in life that are most important to me.
- \_\_\_ 5. Even when others get discouraged, I know I can find a way to solve the problem.
- \_\_\_ 6. My past experiences have prepared me well for my future.
- \_\_\_ 7. I've been pretty successful in life.
- \_\_\_ 8. I meet the goals that I set for myself.

**Notes:** The **Agency** subscale score is the sum of items 2, 6, 7 & 8; the **Pathways** subscale score is the sum of items 1, 3, 4 & 5. **Hope** is the sum of the four **Pathways** and four **Agency** items. Scores can range from a low of 8 to a high of 64.

**Agency Score** \_\_\_ (Add items 2, 6, 7, and 8)

**Pathways Score** \_\_\_ (Add items 1, 3, 4, and 5)

**Total Hope Score** \_\_\_ (Agency Score + Pathways Score)

## THE CHILDREN'S HOPE SCALE

**Directions:** Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided. There are no right or wrong answers.

None of the time    A little of the time    Some of the time    A lot of the time    Most of the time    All of the time

1    2    3    4    5    6

- \_\_\_ 1. I think I am doing pretty well.
- \_\_\_ 2. I can think of many ways to get the things in life that are most important to me.
- \_\_\_ 3. I am doing just as well as other kids my age.
- \_\_\_ 4. When I have a problem, I can come up with lots of ways to solve it.
- \_\_\_ 5. I think the things that I have done in the past will help me in the future.
- \_\_\_ 6. Even when others want to quit, I know that I can find ways to solve the problem.

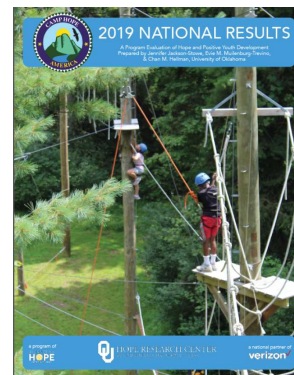
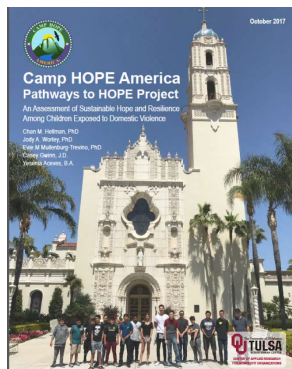
**Notes:** The **Agency** subscale score is the sum of items 1, 3 & 5; the **Pathways** subscale score is the sum of items 2, 4 & 6. **Hope** is the sum of the three **Pathways** and three **Agency** items. Scores can range from a low of 6 to a high of 36.

**Agency Score** \_\_\_ (Add items 1, 3 and 5)

**Pathways Score** \_\_\_ (Add items 2, 4, and 6)

**Total Hope Score** \_\_\_ (Agency Score + Pathways Score)


## Hope is measurable, malleable, and cultivatable.....





[www.strangulationtraininginstitute.com](http://www.strangulationtraininginstitute.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE




**Average ACE Score of our  
Alliance Team: 4.4**



**Hope Scores should be measured in every  
workplace in America annually...**

**2016: Hope Score Average of 54.06**  
**2017: Hope Score Average 57.25**  
**2018: Hope Score Average 56.16**  
**2020: Hope Score Average 56.41**

Our average ACE Score on our team is 4.4. Hope Scores above 40 put you in the hopeful category. Scores above 48 bump you to a higher level of hope. Scores of 56 or higher make you a high hope person. Everyone on our team was 48 or above. 70% of the staff has high hope...



Our mass murderers, mass  
shooters, cop killers, and  
terrorists are intricately linked to  
intimate partner violence and  
misogyny...



[allianceforhope.com](http://allianceforhope.com)

**And they are linked to  
childhood trauma...every  
single time...**

**It is not an excuse...just an  
explanation...**



## Latest Research on the Children of Domestic Violence Homes

- Study was based on the National Youth Survey Family Study, a national sample of 1,683 families, and followed 353 second-generation parents and their third-generation offspring over a 20-year period.
- Children from 75% of the families ended up becoming victims as adults

[www.allianceforhope.com](http://www.allianceforhope.com)



CREATING PATHWAYS TO HOPE

## Latest Research on the Children of Domestic Violence Homes

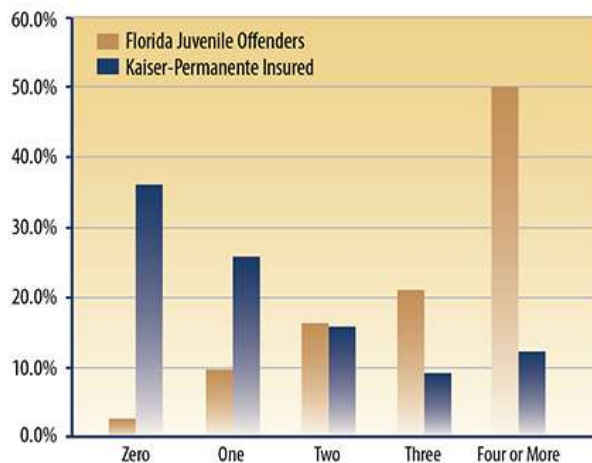
- Children from 78.6% of the families ended up becoming perpetrators as adults
- [http://dev.cjcenter.org/\\_files/cvi/Generation%20Cycles%20IPVforweb.pdf](http://dev.cjcenter.org/_files/cvi/Generation%20Cycles%20IPVforweb.pdf)
- [http://dev.cjcenter.org/\\_files/cvi/Gang\\_Crime\\_Victimization\\_final.pdf](http://dev.cjcenter.org/_files/cvi/Gang_Crime_Victimization_final.pdf)

[www.allianceforhope.com](http://www.allianceforhope.com)



CREATING PATHWAYS TO HOPE

## Juvenile Offenders in Florida



<http://www.journalofjuvjustice.org/JOJJ0302/article01.htm>

[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

We Must Never Forget the  
Centrality of Collaboration and a  
Focus on Children and Teens in  
ALL our work...

It is the heart of true criminal justice reform...

ALLIANCE for  
**HOPE**  
INTERNATIONAL

[allianceforhope.com](http://allianceforhope.com)



## DV Collaboratives/FJ/MA Centers Should Be Experts in...

- Collaborative, Integrated Approaches to Addressing Family Violence and Related Sexual Assault, Child Abuse, Elder Abuse, and Human Trafficking
- Community Engagement and Outreach
- Homicide Prevention
- Handling Strangulation Assaults

[www.allianceforhope.com](http://www.allianceforhope.com)



CREATING PATHWAYS TO HOPE


## DV Collaboratives/FJ/MA Centers Should Be Experts in...

- Aggressive intervention with offenders
- Addressing the Health Needs of Victims and Their Children
- Addressing Childhood Trauma in Children and Adults – The Best Trauma-Informed Care Models in America
- Hope, Healing, and Providing Community for Survivors and Their Children

[www.allianceforhope.com](http://www.allianceforhope.com)




CREATING PATHWAYS TO HOPE





## We Change the Ending with the “Power of We”

Family Justice Centers and other types of collaborative approaches are an evidence-based practice with strong outcomes in diverse communities...



## Camp HOPE America

Giving Children Their Childhood Back



[allianceforhope.com](http://allianceforhope.com)



[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

Average ACE Score: 5.5



[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

FIGURE 1.  
Children's Hope Index.

### Hope

Hope reflects the individual's capacity to develop pathways and dedicate agency toward desirable goals.

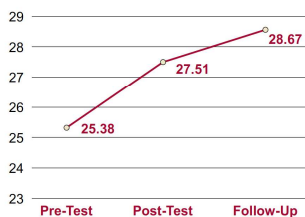


FIGURE 1 presents the total mean scale scores for the Children's Hope Scale. As seen in the graph, hope scores increased from pre-camp test and post-camp test and again at the follow-up assessment. A repeated measures ANOVA showed that this increase in hope was statistically significant [ $F(2, 172) = 9.22$ ;  $p < .05$ ;  $\eta^2 = .10$ ]. Moreover, the partial eta square reflects a moderate degree of change. Hope reflects a moderate degree of change. Hope reflects a moderate degree of change. Hope reflects a moderate degree of change.



[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

### Children's Resiliency Score

Resiliency refers to believing in yourself, believing in others, and believing in your dreams.

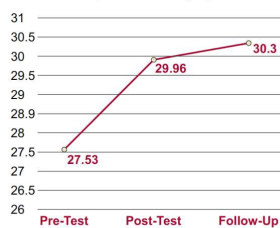


FIGURE 8 presents the total mean scale scores for the Children's Resiliency Scale. As seen in the graph, Resiliency Scores increased from pre-camp test to post-camp test and again slightly at the follow-up assessment. Repeated measures ANOVA showed that this increase in Resiliency was statistically significant [ $F(2, 162) = 14.29$ ;  $p < .05$ ;  $\eta^2 = .15$ ]. Moreover, the partial eta square reflects a moderate degree of change.



[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

## The Verizon-funded Pathways to HOPE Project



[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

## Can you take the science of hope now and integrate with your work?



ALLIANCE for  
**HOPE**  
INTERNATIONAL

[allianceforhope.com](http://allianceforhope.com)



## Hope heals trauma...

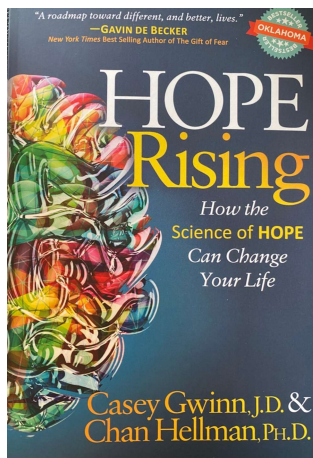


[www.allianceforhope.com](http://www.allianceforhope.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

## You Cannot Give What You Do Not Have...

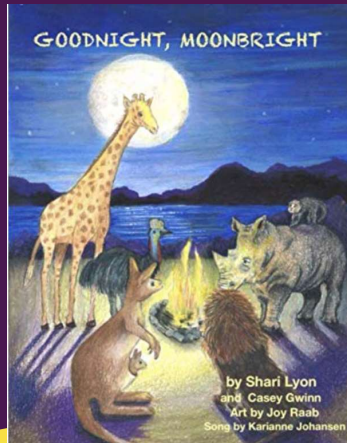


[www.strangulationtraininginstitute.com](http://www.strangulationtraininginstitute.com)

ALLIANCE for  
**HOPE**  
INTERNATIONAL

CREATING PATHWAYS TO HOPE

## Goodnight Moonbright Our new Children's Book About Hope



[www.camphopeamerica.org/goodnightmoonbright/](http://www.camphopeamerica.org/goodnightmoonbright/)



[allianceforhope.com](http://allianceforhope.com)

**My Question Today:**  
**What would your life and work look like if you applied the science of hope? Can you create such a vision today as part of your work with youth? And then recruit others...**





Thank you, Jeanell...








## Camp HOPE America -- Connecticut



"We got this!"

ALLIANCE for  
**HOPE**  
INTERNATIONAL



**Our calling through this  
pandemic and social unrest  
and racial awareness raising  
and our work with youth is  
to...stay kindhearted and hope-  
centered...**

